

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

DIGESTION

With digestive issues, the first thing to do is look at what you're eating and drinking. For some, going on a basic anti-inflammatory diet can really help. Basically it's not eating wheat, grains, gluten, corn, sugar, all sugar substitutes and dairy for 2 weeks. Introduce one at a time and see what works, and what doesn't. There are many resources online for more guidance. These herbs can help with heartburn, gas and bloating, food intolerances, diarrhea, loose stools, constipation and morning sickness. See which works best for you.



**BE PREPARED THE
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Digestion when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

STOMACH CAPS



- **Morning sickness and motion sickness lifesaver! Improves digestion, reduces gas, abdominal bloating and gastritis. Helps eliminate food allergies and improve absorption of nutrients.**
- Take 2-3 tablets as needed.
- Safe for pregnancy, breastfeeding and kids.

ENTEROMEND

- **Treats symptoms of food intolerance including cramping, bloating, intestinal gas, nausea and diarrhea. Reduces intestinal inflammation. Helps heal the intestines by breaking down foreign rotting. Includes a full spectrum of digestive enzymes. Useful in treatment of gluten intolerance.**
- Take 1-3 tablets per day until symptoms resolve. Or as needed for motion sickness. Dose based on 120lb adult so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

GET GOING LIQUID

- **Treats acute constipation associated with indigestion, irregular diet, traveling, dehydration, Pre-menstrual syndrome, certain medications and hemorrhoids.**
- 30 drops 1-2 times a day for 120lb adults, adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

GO LITELY

- **Treats chronic constipation, with small, dry or thin stools, gas, bloating. It is safe for long-term use and as an alternative to harsh over-stimulating laxatives.**
- 30 drops 1-2 times a day for 120lb adults, adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

FREE AND EASY WANDERER

- **Treats indigestion, abdominal pain, ulcers, chronic gastrointestinal tension, Irritable Bowel Syndrome, chronic gastritis, peptic ulcers, gall stones, nausea and hypochondriac pain. It also helps vertigo, irritability, headaches, menstrual disorders, PMS, mood swings, fibrocystic breast disease and mastitis.**
- Take 1-3 tablets, 1-4 times a day.
- Safe for pregnancy, breastfeeding & kids.